

Course Title	Fish & Shellfish				
Course Code	CCUL -201				
Course Type	Required				
Level	Diploma				
Year / Semester of Study	2 year/ 1 st Semester				
Lecturer's Name	TBA				
ECTS	6	Lectures/Week	2	Laboratories/ Week	6
Course Aim	"This course provides students with comprehensive instruction in fish and shellfish fabrication, encompassing techniques such as filleting, skinning, and portioning, while exploring topics including grading, yield assessment, market standards, and sustainability practices, with ample hands-on experience processing a diverse array of seafood varieties to prepare them for careers in the culinary industry."				
Learning Outcomes	• Identifying Different Fish and Shellfish Sections and Cooking Methods: • Students will learn to distinguish between various sections of fish and shellfish, such as fillets, steaks, and whole fish, and understand the optimal cooking methods for each section, including grilling, baking, frying, and steaming, to enhance flavor and texture. • Identifying Fish Categories (e.g., Seafood, Oily Fish, Flat Fish): • Students will develop the ability to classify fish into different categories based on characteristics such as species, texture, and fat content, distinguishing between seafood varieties, oily fish (rich in omega-3 fatty acids), and flat fish (e.g., flounder, sole) to inform menu planning and cooking techniques. • Knife and Slicing Machine Techniques for Cutting: • Through hands-on training, students will master knife skills and slicing machine techniques, including filleting, skinning, boning, and portioning fish and shellfish in various shapes and sizes, ensuring precision and efficiency in culinary operations. • Estimating Portion Sizes: • Students will acquire the ability to estimate appropriate portion sizes for fish and shellfish dishes, considering factors such as serving size recommendations, customer preferences, and menu pricing strategies, to minimize waste and maximize profitability. • Understanding Quality Points for Choosing Fish (e.g., Freshness): • Students will learn to evaluate the quality of fish based on freshness indicators such as clear eyes, firm flesh, and mild aroma, as well as factors like color, texture, and absence of off-flavors, enabling them to make informed purchasing decisions and maintain high standards of food quality and customer satisfaction.				

	• Identifying Hygienic Methods for Receiving and Storage of Fish and Shellfish (Based on HACCP Rules): • Students will be trained in hygienic practices for receiving, handling, and storing fish and shellfish in compliance with Hazard Analysis and Critical Control Points (HACCP) principles, including temperature control, sanitation procedures, and cross-contamination prevention measures, to ensure food safety and regulatory compliance in commercial kitchen environments.		
Prerequisites	CCUL 104, CCUL-101 & CCUL105	Corequisites	NONE
Course Content	1. Choosing the Right Cooking Methods: • Students will explore various cooking techniques such as boiling, sautéing, pan-frying, stir-frying, and grilling, understanding the principles behind each method and how to apply them to different types of fish and shellfish to achieve optimal flavor, texture, and presentation. 2. Quality Characteristics and Indicators of Fresh Fish: • This module focuses on identifying quality indicators of fresh fish, including clear eyes, firm flesh, vibrant color, and a mild oceanic aroma, enabling students to discern the freshness and overall quality of fish products when selecting them for culinary preparation. 3. Quality Characteristics and Indicators of Fresh Shellfish: • Students will learn to recognize quality characteristics of fresh shellfish, such as a tightly closed shell, a briny smell reminiscent of the ocean, and a translucent appearance, equipping them with the knowledge to assess the freshness and suitability of shellfish for cooking. 4. Categories of Fish and Shellfish: • This section categorizes fish and shellfish based on factors such as species, texture, flavor profile, and culinary applications, providing students with a comprehensive understanding of the diverse range of seafood available and its suitability for different cooking methods and recipes. 5. Cleaning and Filleting Fish: • Students will acquire practical skills in cleaning and filleting fish, including techniques for scaling, gutting, removing fins, and filleting to yield boneless fish portions, ensuring proper sanitation and presentation in culinary preparation. 6. Cleaning Shellfish: • This module covers the proper cleaning and preparation techniques for various types of shellfish, including scrubbing, debearding, shucking, and rinsing, to remove sand, grit, and debris while preserving the delicate flavor and texture of the shellfish. 7. Barbecuing, Slow Roasting, Oven Roasting, Braising, Stewing, Poaching, and Steaming:		

	- Students will learn advanced cooking methods such as barbecuing, slow roasting, braising, and stewing, exploring the unique flavor profiles and textures imparted to fish and shellfish through these techniques, and mastering the art of poaching and steaming for delicate seafood dishes. 8. Identifying Cuttings of Various Seafood: - This section focuses on identifying different cuts of popular seafood varieties such as salmon, seabass, scallops, mussels, and tuna fish, including fillets, steaks, whole fish, and shell-on portions, preparing students to select and prepare seafood cuts suited to specific culinary applications. 9. Choosing the Best Part of Fish for Specific Cooking Preparation: - Students will learn to identify the best part of the fish for specific cooking preparations, such as selecting fillets for pan-frying or grilling, whole fish for oven roasting or steaming, and belly portions for braising or stewing, optimizing flavor, texture, and presentation in seafood dishes.															
Lecturing Methodology	The course is delivered through lectures, discussion, assignments, presentations, case studies and laboratory applications.															
Bibliography	Required: Title: The Complete Meat Cookbook Author(s): Bruce Aidells, Dennis Kelly Publisher: Houghton Mifflin Co Edition: Latest ISBN: 061813512X Recommended: Title: The Professional Chef Author(s): CIA Edition: Latest Publisher: Willey															
Assessment Policy		50 %	Final Exam													
		40 %	Mid –Term / Project Deliverables													
		5 %	Laboratory Participation													
		5 %	Class Attendance & Participation													
ECTS Allocation	<table><tr><th colspan="4">Estimated student’s work time distribution in hours:</th></tr><tr><th colspan="2">Contact hours</th><th colspan="2">Student’s private time</th></tr><tr><td>Lecture / Labs</td><td>101</td><td>Private study</td><td>61</td></tr></table>				Estimated student’s work time distribution in hours:				Contact hours		Student’s private time		Lecture / Labs	101	Private study	61
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	Mid-Term Test	1		
	Final Exam	2	Test preparation	5
			Final Exam Preparation	10
	Total:	104	Total:	76
Language	ENGLISH			